

R E M E D I

When two potencies or dilutions are indicated for the same product, low dilutions (3 C or 6 C) should be used to treat local symptoms. High potencies (30 C) are used to treat more general symptoms.

Warning : If condition does not improve rapidly, consult your physician.

✓ **Aconitum**
Nobellus 3 C/30 C

To be used for the following symptoms : simple fever, dry skin, intense thirst, anxiety, restlessness, all associated with colds of sudden onset.

Five pellets every one to two hours; decrease frequency with improvement.

✓ **Antimonium**
Tartaricum 12 C

Cough usually accompanied with difficulty in removal of mucus. *Patient is usually pale and tired.*

If condition does not improve rapidly, consult your physician. Five pellets twice a day.

✓ **Apis**
Mellifica 6 C

Recommended for insect bites, sunburn and hives. To be used for irritated skin which is bright pink, burning and itching; irritation is improved by cold applications.

Five pellets every half hour; decrease frequency with improvement.

✓ **Arnica**
Montana 3 C/30 C

Eases pain of simple trauma (accidents, falls), sprains, —after being set by a physician,— bruising, muscular aches.

Five pellets every half hour; decrease frequency with improvement.

✓ **Arsenicum**
Album 6 C

Recommended for any skin rash of sudden onset improved by heat and for mild diarrhea from overeating.

Five pellets three times a day.

✓ **Belladonna 12 C**

For colds of sudden onset presenting the following symptoms : mild sore throat, head congestion, mild fever, intense sweating (especially on the face), oversensitiveness to noise and light.

Five pellets every two hours ; decrease frequency with improvement.

✓ **Bryonia**
Alba 12 C

Indicated for flu-like symptoms with mild fever, intense thirst, fatigue, body aches made worse by movement.

Five pellets every two hours ; decrease frequency with improvement.

✓ **Cantharis 6 C**

Used for minor burns associated with burning, itching vesicles or blisters.

Five pellets two to four times a day.

✓ **Carbo**
Vegetabilis 12 C

Indicated for people who have digestive problems such as dyspepsia and flatulence (gas) especially after eating fatty foods or drinking wine.

Five pellets before meals or at time of symptoms.

✓ **Chamomilla 30 C**

Recommended for children who are teething in order to relieve pain, irritability and mild fever.

Five pellets three to four times a day.

ES AND INDIC

Cinchona
Officinalis 30 C
(China)

Indicated for : nosebleeds, menstrual bleeding, etc.
May also be used for mild diarrhea when the patient has frequent painless bowel movements which tire him.
Five pellets should be taken every ten minutes for bleeding and after each stool for diarrhea. Consult your physician before using on children.

Cocculus
Indicus 12 C

Used for travel sickness associated with nausea and dizziness and for insomnia due to stress.
For travel sickness, five pellets one hour before the trip and then every hour as needed; decrease frequency with improvement.
For insomnia, five pellets in the evening.

Coffea 12 C

Insomnia or restlessness due to exhaustion or overexcitability.
Five pellets at bedtime.

Colocynthis 12 C

Indicated for mild abdominal pains of a cramp-like nature usually relieved by strong pressure or by doubling over (menstrual pains, colicky pains associated with diarrhea, etc.).
Five pellets at time of pain.

Cuprum
Metallicum 30 C

Used for intermittent stomach cramps or cramps in legs and soles of feet.
Five pellets every hour when symptoms are present or at bedtime.

Eupatorium
Perfoliatum 12 C

Indicated for flu-like symptoms of fever, bone pains and stiffness, restlessness, intense thirst, and pain when pressure is applied to the eyes.
Five pellets every hour ; decrease frequency with improvement.

Ferrum
Phosphoricum 12 C

Indicated for early stages of a febrile illness (colds, flu-like symptoms...).
Five pellets three or four times a day.
Also for children with a tendency for nosebleeds.
Ten pellets one to three times a week.

Gelsemium
Sempervirens 30 C

Indicated for flu-like symptoms with overall weakness, shivering, stiffness and heaviness of the limbs and headaches which radiate to the neck and shoulder.
The patient is not thirsty.
Five pellets four times a day.

Hepar Sulphuris
Calcareum 6 C

Indicated for minor unresolved suppurative skin conditions, such as eruptions or boils, or in the early stages of croupy coughs.
Five pellets at onset of symptoms ; decrease frequency with improvement.

Hypericum
Perforatum 6 C

Used for any kind of simple trauma involving nerve pain. For example, after a tooth extraction, a laceration, a bruised finger. The area that has been injured is made worse by contact or touch and by sudden jolting movements.
Five pellets every hour ; decrease frequency with improvement.

Ignatia
Amara 30 C

Recommended for the patient who has symptoms that are contradictory in nature (nausea relieved by eating, easier digestion from heavier foods, etc.), who is oversensitive to emotions, pain, and odors (tobacco) and who yawns and sighs often.
Five pellets every morning.

A T I O N S

Ipecacuanha 12 C

Indicated for symptoms of nausea, vomiting, mild diarrhea, hyper-salivation with a clear, non-coated tongue.
Five pellets two to four times a day depending on the severity of symptoms.

Ledum Palustre 12 C

Used for wounds caused by sharp-pointed objects and for all insect bites.
Five pellets every six hours. Seek immediate medical attention

Nux Vomica 6 C / 30 C

Indicated for indigestion and uneasiness brought on by excessive drinking and/or heavy meals.
Five pellets one half hour before and after each meal.

Phosphorus 30 C

Indicated for patients who tend to bleed easily and experience frequent nosebleeds, bleeding gums, heavy menstrual periods. May also be used before surgery to decrease the risks associated with bleeding. Seek medical attention.
Five pellets every six hours.

Pulsatilla 12 C

Used for gastric upset, flatulence, bloatedness due to the overeating of greasy foods and for varicose veins which cause the patient discomfort. Also used for colds characterized by profuse, yellow nasal discharge.
Five pellets three times a day.

Rhus Toxicodendron 12 C

Indicated for flu-like symptoms with simple fever, mild diarrhea, generalized body pains and stiffness, thirst for cold water and milk. The patient moves continuously to try and find a more comfortable position.
Five pellets every six hours.

Ruta Graveolens 6 C

Recommended for bruises to the ligaments, and for sensations of stiffness and contusion in the limbs and joints, usually improved with movement.
Muscular strain, eye strain, and sprains are also improved by this remedy.
Five pellets three to four times a day.

Spongia Tosta 30 C

Indicated for symptoms of acute hoarseness of voice (laryngitis), burning nose and mild sore throat. Symptoms usually follow exposure to cold weather and draft and are improved by drinking warm liquids.
Five pellets every half hour ; decrease frequency with improvement.

Sulphur 12 C

At the very beginning of flu-like symptoms to prevent the evolution of the condition or to decrease the intensity and duration of symptoms.
Ten pellets the first day symptoms appear.

Symphitum Officinale 12 C

Minor bruises around the eye. Seek medical attention. Also used to help ease the pain associated with bruises. Consult physician for all fractures.
Five pellets three to four times a day.

Veratrum Album 30 C

Indicated in cases of mild diarrhea (copious stools) associated with crampy abdominal pains.
Five pellets two to four times a day.

BOIRON-BORNEMAN SPECIALTIES

Oscillococcinum®

For flu-like symptoms : mild fever, chills, body aches and pains. During the period of incubation and onset : take 1 dose as soon as the first symptoms appear, to be repeated 1 or 2 times at 6-hour intervals.

If the illness has developed, 1 dose 2 times daily (preferably morning and evening) during the entire period of infection.

Arnica Ointment

A soothing remedy for topical application to unbroken skin following injury or bruising.

Calendula Ointment

A soothing remedy for topical application to unbroken skin for relief of minor skin irritations or rash.

Calendula Officinalis Homeopathic Tincture

Useful for open wounds and skin ulcers. Promotes healthy granulation of tissues and rapid healing.

In case of infection, concurrent use of antiseptics may be advisable.

Mix 25 drops in 1/2 tumblerful (four fluid ounces) of water and give adults 2 teaspoonsful, children one. May be repeated every one or two hours.

Hypericum Perf. Homeopathic Tincture

Particularly effective in relieving pain of injured nerves.

Apply locally to the affected area to promote healing of injured nerves.